# **K**

# **Menu and shopping planner**

Planning what you will eat and buy each week can help you avoid wasting food - saving you money and saving the planet’s resources!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Evening meal** | **Snacks/other** |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |



----------------------------------------------------------------------------------------------------------------------------------

**Shopping list**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fruit and veg** | **Starchy carbohydrates,** e.g. breakfast cereal, bread, pasta, rice | **Protein,**  e.g. beans, lentils, fish, eggs, meat | **Dairy,** e.g. milk, cheese, yogurt | **Other** |